

## Abstract of the Disclosure

The present invention relates to a height regulating body which can be used in a table or a chair, and more particularly to a structure of a gas opening/closing pin for controlling the movement of a gas in a chamber of a spindle of a height regulating body. The present invention provides a gas opening/closing pin which opens and closes a gas inlet and outlet formed in a pipe holder which seals one end portion of a cylinder and moves the position of a piston in the cylinder, wherein at least one recess which opens the gas inlet and outlet is formed on the outer peripheral surface of the central portion of the gas opening/closing pin and one of a washer-shaped boss body and a diameter reducing portion in which the diameter is reduced is integrally formed. Even when the diameter reducing portion is formed at the upper portion of the gas opening/closing pin, since the lower end portion of the diameter reducing portion is caught by an annular jaw formed in the pipe holder, the assembling process is simple and the number of parts is reduced.

FIG. 5